

Middle School Initiative

**PART I
COVER SHEET**

CAP 1 SEMESTER 1 WEEK 2

COURSE: Orientation

LESSON TITLE: Drill and Ceremonies - Marching Movements, and Saluting

LENGTH OF LESSON: 50 Minutes

METHOD: Demonstration-Performance

REFERENCE(S): AFM 36-2203, *Drill and Ceremonies Manual*, Chapter 3

AUDIO/VISUAL AIDS/HANDOUTS: None

COGNITIVE OBJECTIVE: N/A

COGNITIVE SAMPLES OF BEHAVIOR: N/A

AFFECTIVE OBJECTIVE: The objective of this series of lessons is for each cadet to know all the military drill movements required of a basic cadet.

AFFECTIVE SAMPLES OF BEHAVIOR: The cadet will willingly learn each of the drill movements and perfect them to required military standards.

Middle School Initiative

PART II TEACHING PLAN

Introduction

ATTENTION: Last week you were given instruction on some simple positions and movements necessary for the initial indoctrination into the Middle School Initiative CAP Drill and Ceremonies program.

MOTIVATION: The purpose in today's period is to give you further indoctrination on drill movements.

OVERVIEW: During this period of orientation we will cover the movements of forward march, halt, half step, marching to the rear, hand salute, present arms, and order arms. We will also review last week's drill period and integrate it into this session.

TRANSITION: We will form the flight now and proceed with the instruction.

Body

MP 1 The instructor will form the flight as previously instructed. Cadets will assume their positions and will self-align themselves, based on previous instruction.

MP 2 Steps and Marching

When executed from a halt, all steps and marching begin with the left foot, except right step and close march.

Both the preparatory command and the command of execution are given as the foot in the direction of the turn strikes the ground. For units no larger than a flight, the preparatory command is normally given as the heel of the left (right) foot strikes the ground, and the command of execution is given when the heel of the left (right) foot next strikes the ground.

Forward March and Halt. To march forward in quick time from a halt, the command is **Forward, MARCH.** On the command **MARCH,** the airman smartly steps off straight-ahead with the left foot, taking a 24-inch step (measured from heel to heel), and places the heel on the ground first. When stepping off and while marching, the airman will use coordinated arm swing; that is, right arm forward with the left leg and left arm forward with the right leg. The hands will be cupped with the thumbs pointed down, and the arms will hang straight, but not stiff and will

swing naturally. The swing of the arms will measure 6 inches to the front (measured from the rear of the hand to the front of the thigh) and 3 inches to the rear (measured from the front of the hand to the back of the thigh). If applicable, proper dress, cover, interval, and distance will be maintained; and cadence will be adhered to. Count cadence as follows: counts one and three are given as the heel of the left foot strikes the ground, and counts two and four are given as the heel of the right foot strikes the ground.



Marching at Quick Time

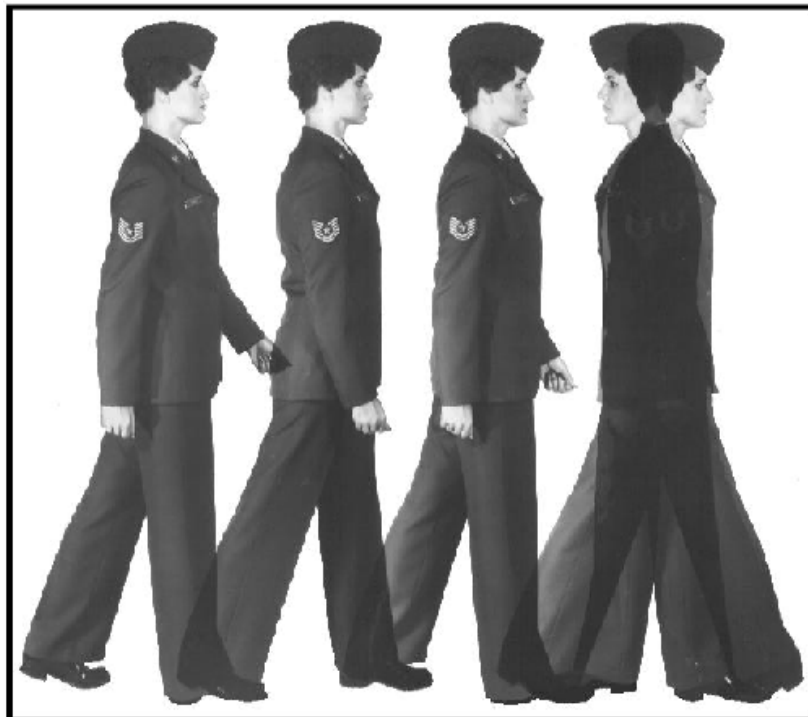
To halt from quick time, the command is **Flight, HALT**, given as either foot strikes the ground. On the command **HALT**, the airman will take one more 24-inch step. Next, the trailing foot will be brought smartly alongside the front foot. The heels will be together, on line, and form a 45-degree angle. Coordinated arm swing will cease as the weight of the body shifts to the leading foot when halting.

Half Step. The command **Half Step, MARCH** is given as either foot strikes the ground. On the command **MARCH**, the airman takes one more 24-inch step followed by a 12-inch step (measured from heel to heel) in quick time, setting the heel down first without scraping the ground. The airman maintains coordinated arm swing and continues the half step until marched forward or halted.

To resume a full 24-inch step, the command **Forward, MARCH** is given as the heel of the left foot strikes the ground. On the command **MARCH**, the airman takes one more 12-inch step with the right foot and then steps out with a full 24-inch step with the left foot.

The halt executed from half step is similar to the halt executed from a 24-inch step. The half step is not executed from the halt nor are changes of direction made from the half step. It is executed only in quick time, and normal arm swing is maintained.

To the Rear March. The command is **To the Rear, MARCH**, given as the heel of the right foot strikes the ground. On the command **MARCH**, the airman takes a 12-inch step with the left foot, placing it in front of and in line with the right foot and distributes the weight of the body on the balls of both feet then pivot on the balls of both feet, turning 180 degrees to the right, and take a 12-inch step with the left foot in the new direction, with coordinated armswing, before taking a full 24-inch step with the right foot. While pivoting, do not force the body up or lean forward. The pivot takes a full count and the arm swing is suspended to the sides as the weight of the body comes forward while executing the pivot, as if at the position of attention.



To the Rear March

Hand Salute. This is used for training purposes only. The command is **Hand, SALUTE**, and it is performed in two counts. On the command **SALUTE**, the individual raises the right hand smartly in the most direct manner while at the same time extending and joining the fingers. Keep the palm flat and facing the body. Place the thumb along the forefinger, keeping the palm flat and forming a straight line between the fingertips and the elbow. Tilt the palm slightly toward the face. Hold the upper arm horizontal, slightly forward of the body. Ensure the tip of the middle finger touches the right front corner of the headdress. If wearing a nonbilled hat, ensure the middle finger touches the outside corner of the right eyebrow or the front corner of glasses. The rest of the body will remain at the position of attention. This is count one of the movement. To complete count two of the movement, bring the arm smoothly and smartly downward, retracing the path used to raise the arm. Cup the hand as it passes the waist, and return to the position of attention. Traditionally, as the arm is bent at the elbow, the hand follows the gig line up to the eyebrow and back down.

Present Arms and Order Arms. The commands are **Present, ARMS** and **Order ARMS**. On the command **Present, ARMS**, the airman executes the first count of hand salute. Count two of hand salute is performed when given the command **Order, ARMS**.

Eyes Right (Left) and Ready Front. The commands are **Eyes, RIGHT (LEFT)** and **Ready, FRONT**. These commands may be given at a halt or while marching. The preparatory command and command of execution are given on the right (left) foot while marching. On the command **RIGHT (LEFT)**, all persons, except those on the right (left) flank, turn their heads and eyes smartly 45 degrees to the right (left). To return their heads and eyes to the front, the command **Ready, FRONT** is given as the left (right) foot strikes the ground. On the command **FRONT**, heads and eyes are turned smartly to the front.



Eyes Right



Ready Front

MP 3 Time should be taken during this period to practice all of the drill movements taught thus far including this session as listed below. The instructor should make on the spot corrections throughout the practice session.

| CAP1S1 |
|------------------|
| Attention |
| Parade Rest |
| At Ease |
| Rest |
| Right/Left Face |
| Half Right/Left |
| About Face |
| Fall In/Fall Out |
| Forward March |
| Halt |
| To the Rear |
| Hand Salute |
| Present Arms |
| Order Arms |
| Half Step |

Conclusion

SUMMARY: During this period you have been instructed on the movements of forward march, halt, hand salute, present and order arms, eyes right and ready front. You have practiced these movements, as well as the positions and movements taught in the previous drill period.

REMOTIVATION: Your practice today has increased your unit cohesion, thusly making you, as individuals, into a working team.

CLOSURE: This concludes the orientation period on military drill. Those that continue into Phase One of the cadet program will receive in-depth instruction in military drill and ceremonies through drill of the flight.

Middle School Initiative**PART III
LESSON REVIEW**

LESSON OBJECTIVE(S): The objectives of this lesson was for each cadet to:

1. Learn and practice the movements of forward march, halt, hand salute, present arms, order arms, eyes right, and ready front.
2. Practice the positions and movements taught in the previous session.

LESSON QUESTIONS:

1. Describe how the hand salute is executed.

Answer: The command is **Hand, SALUTE**, and it is performed in two counts. On the command **SALUTE**, the individual raises the right hand smartly in the most direct manner while at the same time extending and joining the fingers. Keep the palm flat and facing the body. Place the thumb along the forefinger, keeping the palm flat and forming a straight line between the fingertips and the elbow. Tilt the palm slightly toward the face. Hold the upper arm horizontal, slightly forward of the body. Ensure the tip of the middle finger touches the right front corner of the headdress. If wearing a nonbilled hat, ensure the middle finger touches the outside corner of the right eyebrow or the front corner of glasses. The rest of the body will remain at the position of attention. This is count one of the movement. To complete count two of the movement, bring the arm smoothly and smartly downward, retracing the path used to raise the arm. Cup the hand as it passes the waist, and return to the position of attention. Traditionally, as the arm is bent at the elbow, the hand follows the gig line up to the eyebrow and back down.

2. What does an individual do when given the command "**Present, ARMS?**"

Answer: On the command **Present, ARMS**, the airman executes the first count of hand salute.